

SHUTTLE MENU STS-132

(Stow by Person)

KEN HAM, CDR (RED)

Meal	Days 1* , 7 & 12	Days 2, 8 & 13**	Days 3 & 9	Days 4 & 10	Days 5 & 11	Day 6
A	Oatmeal w/ Brown Sugar (R) Mexican Scrambled Eggs (R) Nut & Fruit Granola Bar (NF) Orange-Pineapple Drink (B) Coffee w/ Cream (B) x2	Bran Chex (R) Mexican Scrambled Eggs (R) Granola Bar (NF) Orange-Mango Drink (B) Coffee w/ Cream (B) x2	Granola w/ Blueberries (R) Almonds (NF) Mexican Scrambled Eggs (R) Pineapple Drink (B) Coffee w/ Cream (B) x2	Oatmeal w/ Brown Sugar (R) Mexican Scrambled Eggs (R) Trail Mix (IM) Orange-Pineapple Drink (B) Coffee w/ Cream (B) x2	Bran Chex (R) Mexican Scrambled Eggs (R) Nut & Fruit Granola Bar (NF) Orange-Mango Drink (B) Coffee w/ Cream (B) x2	Granola w/ Blueberries (R) Mexican Scrambled Eggs (R) Trail Mix (IM) Pineapple Drink (B) Coffee w/ Cream (B) x2
B	Fiesta Chicken (I) Mixed Vegetables (I) Tortilla (FF) x2 Peaches (I) Trail Mix (NF) Candy Coated Chocolates (NF) Grape Drink (B)	Tomato Basil Soup (I) Crackers (NF) x2 Beef Ravioli (I) Rice & Chicken (R) Strawberries (R) Peanuts (NF) Butter Cookies (NF) Tropical Punch (B)	Tuna Salad Spread (I) Crackers (NF) x2 Chicken Strips in Salsa (I) Nut & Fruit Granola Bar (NF) Pineapple (I) Candy Coated Peanuts (NF) Grape Drink (B)	Cheddar Cheese Spread (I) Crackers (NF) x2 Fiesta Chicken (I) Tropical Fruit Salad (I) Almonds (NF) Candy Coated Chocolates (NF) Lemonade (B)	Tuna Salad Spread (I) Crackers (NF) x2 Beef Ravioli (I) Cashews (NF) Fruit Cocktail (I) Brownie (NF) Tropical Punch (B)	Cheddar Cheese Spread (I) Crackers (NF) x2 Beef Enchiladas (I) Tortilla (FF) x2 Peaches (I) Shortbread Cookies (NF) Lemonade (B)
C	Shrimp Cocktail (R) Beef Enchiladas (I) Corn (R) Mashed Potatoes (R) Almonds (NF) Shortbread Cookies (NF) Pineapple Drink (B)	BBQ Beef Brisket (I) Macaroni & Cheese (R) Tortilla (FF) x2 Fruit Cocktail (I) Cashews (NF) Brownie (NF) Lemonade (B)	Beef Fajitas (I) Southwestern Corn (I) Tortilla (FF) x2 Cashews (NF) Applesauce (I) Shortbread Cookies (NF) Tropical Punch (B)	Beef Enchiladas (I) Brown Rice (I) Tortilla (FF) x2 Strawberries (R) Butter Cookies (NF) Pineapple Drink (B)	Rice & Chicken (R) Chicken Strips in Salsa (I) Macaroni & Cheese (R) Corn (R) Tortilla (FF) x2 Candy Coated Almonds (NF) Grape Drink (B)	Tomato Basil Soup (I) Crackers (NF) x2 BBQ Beef Brisket (I) Potatoes au Gratin (R) Strawberries (R) Almonds (NF) Brownie (NF) Tropical Punch (B)

*Day 1 consists of Meal C only

**Day 13 consists of Meals A & B only

(B) - Beverage, (FF) - Fresh Food, (I) - Irradiated, (IM) - Intermediate Moisture, (NF) - Natural Form, (R) - Rehydratable, (I) - Thermostabilized

2/3/2010